

# Jr. WaterSki Clinic

Is your athlete's technical skills far surpassing their physical readiness? Don't set your young athlete up for overuse injuries that require time off the water to heal. Learn sport specific exercises that will increase performance and keep them safe while doing so.



**When:** Sat. Aug 20th  
2:00 - 3:30p

**Where:** NTC Clermont, FL

**Cost:** \$40 per athlete  
(parents observe free)

**Ages:** 7-14 years

**What:**

- Athletes receive take home strength plan with pictures
- Learn sport specific injury prevention exercises
- Perform strength drills that will directly impact your skiing

**Karyn Eade** is the waterski specialist at NTC. She currently works with some of the sport's top pros and has designed skier development programs specifically for juniors. Check out the featured article in latest Waterski magazine.

*Limit 25  
participants*

For more information and to register, please call  
Carol Kneller 352 241 7144 ext. 4202